



## Restrictive Measure Categories

Category	Description	Examples/Other Information
<b>Manual Restraint</b>	A manual restraint, including physical holds and escorts, involves one or more people holding the limbs or other parts of the body of the individual to restrict or prevent their movement.	<ul style="list-style-type: none"> <li>• Basket holds / Escorts</li> <li>• Proprietary physical intervention techniques (e.g.: CPI, Handle With Care, Mandt, etc.)</li> <li>• Hand/arm holds</li> </ul>
<b>Isolation</b>	Isolation is the involuntary physical or social separation of an individual from others by the actions or direction of staff.	<ul style="list-style-type: none"> <li>• Staff verbally redirect or physically escort the individual to their bedroom where they must stay until calm.</li> <li>• Staff direct the individual to go to another area, but the individual is unaware that they can refuse to go or leave the area whenever they want once there.</li> </ul>
<b>Isolation by staff withdrawal</b>	Isolation by staff withdrawal is when staff remove themselves from the area the individual is in and retreat to a predesignated room or area due to the presence of imminent risk of harm. DHS considers isolation by staff withdrawal to be a restrictive measure when the individual is either unlikely to follow, unable to follow, or does not have access to staff after they have retreated to the designated area. Typically (but not always) this involves staff locking the door between them and the individual. If staff go into an area of the home without locking it because they know the individual would never try to enter that area, this would also be a restrictive measure of isolation by staff withdrawal.	<ul style="list-style-type: none"> <li>• Staff retreat to the staff office and lock a door between them and the individual to allow time for them to calm independently.</li> <li>• Staff retreat to the basement, leaving the door open, but knowing that the individual has a fear of the basement and would never try to follow them.</li> </ul>
<b>Seclusion</b>	<p>When the individual is physically apart from others inside a room using locked doors equipped with a pressure-locking mechanism.</p> <p><b>* DHS does not permit unapproved or emergency use of seclusion.</b></p> <p><b>** DHS does not permit locking an individual in any room where the door would or could stay locked without constant pressure under any circumstance.</b></p>	<ul style="list-style-type: none"> <li>• Seclusion Room</li> </ul> <p><i>* See seclusion room requirements outlined in Appendix B of DHS RM Guidelines and Standards.</i></p>
<b>Protective Equipment</b>	<p>Devices applied to, or near, any part of an individual's body to prevent tissue damage or other physical harm, and cannot easily be removed by the individual.</p> <p><i>* Some examples listed may have the potential to be RM but may not meet the definition of RM in every situation.</i></p> <p><i>Determining if an item is a RM is less about the item itself, and more about its purpose and how it effects voluntary movement or access to the body.</i></p> <p><i>Refer to <a href="#">Identifying Restrictive Measures.vsd</a> or reach out to <a href="mailto:behavioralhealth@inclusa.org">behavioralhealth@inclusa.org</a> for assistance with determining and designating items as RM.</i></p>	<ul style="list-style-type: none"> <li>• Helmets, with or without face guards</li> <li>• Gloves or mitts</li> <li>• Wrist cuffs</li> <li>• Ankle straps</li> <li>• Goggles</li> <li>• Pads worn on the body</li> <li>• Clothing or adaptive equipment specially designed or modified to restrict access to a body part</li> <li>• Enclosed beds</li> <li>• Bed rails</li> <li>• Wheelchair trays</li> <li>• Seatbelts on wheelchair/shower chair/etc.</li> </ul>

